

C6-600- 1-1 D Join F Backcheck 2-2 – Pro

Key Points:

Attack with speed and transition quickly from offense to defense and defense to offense. Do not take penalties on the back tracking.

Description:

1. Forwards leave from diagonal corners and defense at the blue lines.
2. F1 leave with a puck and attack vs. D1.
3. After the rush the coach blows the whistle.
4. F2 attack the other way vs. D2.
5. D1 join the attack and F1 backcheck making it a 2-2.
6. Whistle and F3 attack vs. D3 while D2 joins rush and F2 back track.
7. Continue this flow.

**Options: Create various even strength situations by having the same number of new attackers leave from each end. i.e. 2 F and 1 D which would mean a 3-3 at each end, a 2-2 creates a 4-4 and 3-2 a 5-5. Send various numbers each rush to force the players to read the play, i.e. 2 F and 1 D then 2 F and 2 D and you would have a 3 on 4.*

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=2&s=20171118130229380>

<https://youtu.be/RpWCh55hKDY>

